

Referring to a similar relationship in the case of tuberculosis, Dr. Tissot writes: "Does not the salacity which all authors have mentioned as being peculiar to tubercular persons depend on the part which the genito-urinary mucous membrane takes in the general excitement of the mucous membranes which is so common in the tuberculous affection of the lungs?" It is well known that all substances that act most effectively as aphrodisiacs are mucous membrane irritants, including onions, garlic, salt, pepper, mustard, and other stimulating spices and condiments.

Like Tissot, Dr. Deslandes also points out that irritation of the genital mucous membranes by excessive consumption of uric-acid-producing foods (meats and especially sea foods) will augment the sexual impulse; and that it is by their irritating effect on the genital mucous membrane that the effects of aphrodisiacs, as cantharides, are due. Therefore, to control the sexual impulse, when it is excessively strong, he advises the elimination from the diet of all foods and drinks which introduce irritating acids, especially uric acid, into the blood, which irritate the genito-urinary mucous membrane. (We should remember that besides uric acid, meats and other animal proteins also metabolize to form nitric, sulphuric, phosphoric, and other strong acids.)

Deslandes claims that the irritated and inflammatory condition of the genital mucous membranes are most often the result of hyperacidity of the blood and urine, produced by a highly acid-forming diet, which exercises an aphrodisiacal effect. To reduce such irritation and diminish excessive sexual inclinations, Deslandes recommends to make the blood and urine more alkaline through an alkaline-forming diet. This means the replacement of acid-forming vegetables and fruits. He employed this diet to overcome sexual aberrations and nocturnal emissions and reduce excessive sexual tendencies.

Dr. Deslandes wrote as follows concerning the effect of an alkaline-forming diet in reducing inflammation of the genital mucous membranes, which lies at the basis of excessive sexual desire as well as pathological manifestations of sexual behavior. In his "Treatise on the Diseases Produced by Masturbation," Deslandes writes: "In every case of genito-urinary disease in which there exists irritation or inflammation, the first indication is to neutralize the normal acidity of the urine; or better still to make it slightly alkaline if possible by regulation of the diet and attention to the vicarious elimination of the products of retrograde metamorphosis. Neutral or faintly alkaline urine is much less irritating to the inflamed mucous membrane than the normal secretion." (The phrase "normal acidity of the urine," in the author's opinion, is a misnomer, since the urine is normally alkaline on a low-protein vegetarian diet, while it is acid on a high-protein meat diet.) Experiments have proven that a low-protein alkaline vegetarian diet will cause nocturnal emissions, which are pathological and not normal as commonly supposed, to disappear.

In the light of the above considerations, the sexual problem resolves itself into a biochemical problem, and sex morality becomes a branch of applied biochemistry. The sexual biochemist then replaces the moralist, psychoanalyst, psychiatrist, and priest, who all tried to solve the sexual problem by purely psychic means, failing to recognize its physical and chemical origin. By altering the chemical conditions responsible for human sexual energies along more healthgiving and socially-constructive channels, he will harness the sex force to uplift man, as occurs when he is its slave. Sexual biochemistry will replace sexual morality; and the scientist will replace the priest.